



ALYSSA MOORE
COUNSELING

Name 5 Things

This is a grounding exercise that is designed to bring you more into the present moment and help you to feel centered. The present moment is important because when you are able to be present you free yourself and your mind from worrying about what is going to happen in the future or dwelling on things that have happened in the past. This is a mindfulness technique that can help when you are feeling stress or anxiety and need to get back to being centered and focused.

You can either sit or lay comfortably or you can do this while you take a short walk. The main idea is to focus your attention on your senses. Clear your mind of thoughts and move through each of your senses naming 5 things that you notice with that sense.

It might go a little something like this:

Sight

I notice that I can see the wood grain in the table that I am sitting at. I notice that I can see a cobweb in the corner of the room. I notice that I can see the grey paint on the walls. I notice that I can see a glass on the table. I notice that I can see the sun reflecting on the glass on the table.

Sound

I notice that I can hear my heart beating. I notice that I can hear a car passing by. I notice that I can hear the hum of a machine. I notice that I can hear a dog barking. I notice that I can hear my own breath.

Tactile

I notice that I can feel the chair on the back of my legs. I notice that I can feel tension in my shoulders. I notice that I can feel a tag in my shirt. I notice that I can feel an itch on my leg. I notice that I can feel the floor beneath my feet.

Smell

I notice that I smell my shampoo in my hair. I notice that I smell the lotion I put on this morning. I notice that I smell the coffee left in the pot.

If you can't come up with 5 things, that is okay just do as many as you can. Hopefully after spending some time focusing on the things that are grounding you in the present moment you will feel more grounded and better able to think about what's going on for you.

You will want to practice this skill before you really need it so that you can get the hang of it. The more you practice it, the easier it will get and the better you will be able to tap into this skill when you really need to use it.